

Name: Mrs. Iwobi

SUBJECT: PHYSICAL AND HEALTH EDUCATION

CLASS: JSS 3

Week: 6

TOPIC: Revision of just concluded Mock Examination

Solution : Number 81 - 96

81. Where did basketball originate? (a) Britain (b) **United States of America** (c) India (d) Nigeria

82. The digestive system includes (a) stomach, oesophagus, intestine and lungs (b) pancreas, nose, diaphragm and intestine (c) **oesophagus, stomach, intestine and mouth** (d) intestine, diaphragm and oesophagus

83. Grouping of people into body types is known as (a) **somatotype** (b) classification (c) screening (d) testing

84. The game of volleyball was invented by (a) James Naismith (b) **Williams Morgan** (c) Adolph Spiess (d) Alamu Olajuwon

85. Skills like freestyle and back crawl are associated with (a) cricket (b) basketball (c) weight lifting (d) **swimming**

86. The elongated started mostly used by _____ athletes (a) huge (b) slim (c) fat (d) **tall**

87. Which of the following is not an artificial respiration? (a) **breathing through the nose** (b) mouth to mouth respiration (c) mouth to nose respiration (d) Sylvester's respiration

88. Which of the following is a style in high jump? (a) Western stand (b) **straddle** (c) hitch-kick (d) sail

89. Which of these individuals assists a performer in gymnastics? (a) judge (b) referee (c) **spotter** (d) coach

90. The radius of the center circle in soccer is _____ m (a) **9.15** (b) 9.16 (c) 9.17 (d) 9.18

91. What is the distance from the scratch line to the first hurdle in women's hurdle race? (a) 11m (b) 12m (c) **13m** (d) 14m

92. Which of the following is regarded as the father of modern Physical Education in Nigeria? (a) Isaac Akioye (b) **H.J. Ekperigin** (c) M.O. Ajisafe (d) Awoture Eleyae

93. Which of the following is not a component of school health programme? (a) healthful school living (b) **school sports programme** (c) school health services (d) health instructions

94. Which of these injuries require splints as a first aid treatment? (a) cuts (b) bruises (c) muscle spasms (d) fracture